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Keep us in the loop: Couns.

Communications breakdown. Proposal to city staff seeks to help politicians stay better informed



ANGELA MULLINS
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Councillors Denise Brown and Bud Polhill say city staff aren't doing enough to keep them in the know about what's happening in their wards.

Tired of learning about "important issues pertaining to city business" through media and neighbourhood associations, Brown says city manager Art Zuidema and other administrators need

to develop a "communications strategy" to help keep councillors informed about ward news. She will pitch a new plan at Tuesday's council meeting.

Brown, who represents Ward 11, cites issues involving the former Normal School in Wortley Village, road construction and a date change for a meeting about a pro-

posed methadone clinic as examples of the communications breakdown.

"Like any member of council, as the ward representative it is imperative that I know what is occurring in my ward so that I can speak knowledgeably with my constituents, and in a timely manner," Brown writes in a letter included on Tuesday's agenda.

Polhill, of Ward 1, is backing Brown's request, the letter shows.

The councillors could not be reached for comment on Monday.

Also on Tuesday, city council will consider a recommendation that would ban smoking within nine metres of playgrounds, splash pads and sports fields

Open to all

- The city council meeting is at 5 p.m. Tuesday in council chambers at city hall, 300 Dufferin Ave.

as well as entrances to city-owned buildings.



THANKSGIVING ON THE RUN

From left, Caroline Ehrhardt, a member of Western University's track team, Olympian Jessica Zelinka, Jen Cotten, Olympic athlete Damian Warner and Josh Braby race up a hill at Springbank Park during a Monday-morning workout. London native Zelinka organized the event as a way to give back to the community and to help motivate herself as her training kicks into high gear.

About 100 people took part. ANGELA MULLINS/METRO

Food, glorious food drive

Thanksgiving donations flood into London Food Bank PAGE 3

One giant leap

The world is holding its breath for daredevil Felix Baumgartner's skydive from space on Tuesday PAGE 4

Bond 101

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OUT PAGE 11



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Thanksgiving Food Drive looking good as clock ticks down

Giving thanks and help. Donations ahead of 2011 levels as holiday drive makes its final push



ANGELA MULLINS
angela.mullins@metronews.ca

Christmas may be more than two months away, but Londoners already seem to be in a giving mood.

Leaders of the London Food Bank's Thanksgiving Food Drive were reporting solid numbers over the weekend as some of the final donations were made.

Jane Roy, the food bank's co-executive director, told AM980 News that about 42,000 pounds of food had been collected by Sunday compared to about 40,000 pounds donated at the same time last year.

The goodwill was obvious Monday as volunteers sorted through bags of canned goods, cereal and other donations piled in overflowing boxes.

"It looks like a lot," volunteer Wendy McClintic said as she surveyed the field. "But trust me, it will go fast."

Impressive showing
55,000

Pounds of food collected during the London Food Bank's 2011 Thanksgiving Food Drive.

The need is greater than ever, officials have said.

August was a busy month for the food bank, with 3,800 local families — 600 more than average — receiving help. The number of families served has increased 19 per cent in the first nine months of 2012 compared to the same period in 2011, officials said.

While the fall food drive officially ended Monday, donations continued to trickle in as volunteers worked. A final tally is expected later this week.

Items can still be dropped off at fire halls, the food bank, or participating grocery stores on Tuesday and Wednesday.

Many of the donations will be given directly to food-bank clients.

Officials distribute some items to other area agencies, including the Boys' and Girls' Club of London and Women's Community House.

WITH FILES FROM AM980/AM980.CA



Wendy McClintic, a London Food Bank volunteer, sorts through a bag of donations on Monday at the agency (926 Leathorne St.). The Thanksgiving Food Drive officially wrapped up Monday. ANGELA MULLINS/METRO

Chamber of Commerce. Local leaders discuss Ontario economic vision

The London Chamber of Commerce will host business and civic leaders from the London-Windsor corridor Tuesday to discuss Ontario's economic challenges as part of the province's Regional Economic Leadership Series.

The Ontario and London chambers of commerce are gathering leaders to develop an economic vision focusing on five priorities: Innovation and productivity, a 21st-century workforce, fiscal balance, global opportunities, and identifying Ontario's competitive advantages.

Chamber-led delegations from Windsor, Sarnia, Chatham-Kent, Strathroy, St. Thomas, Ingersoll, Woodstock, Tillsonburg and Lon-

don will attend the summit.

An initiative of the Ontario Economic Summit, the regional leadership series has taken place in eight communities across the province. The series highlights regional economic priorities while asking participants to make recommendations.

These regional solutions will be brought together in November at the Ontario Economic Summit, where a provincial plan will be developed.

METRO

On the web

For more information, visit occ-oes.com.



Lambeth

Arrest made after someone tossed Molotov cocktail

London police have made an arrest after a lit Molotov cocktail was thrown at a garage in Lambeth.

On Sunday at 5:29 a.m., London police and fire services responded to a blaze at 130 Sunray Ave. They found a Molotov cocktail at the scene and quickly extinguished it. A garage door suffered about \$500 worth of damages.

Police are still investigating the incident.

Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS (8477) or visit londoncrimestoppers.com. METRO

City hall

MP to highlight gas-tax benefits

London North Centre MP Susan Truppe will make a stop at city hall Tuesday morning to highlight recent projects in the Forest City that have benefited from federal gas-tax revenue. The projects include bike lanes and other roadwork. Truppe's stop is on behalf of the federal minister of transport, infrastructure and communities. METRO



MP Susan Truppe PARL.GC.CA

East end

Fire at auto shop causes \$100,000 in damage

London fire officials say a blaze in a rented shop on Egerton Street caused about \$100,000 in damage.

Crews were called to 296 Egerton St. around 7 p.m. Saturday to reports of smoke coming from a car being worked on in the shop. They were able to douse the fire and leave the scene within two hours.

Although there were no injuries, there was extensive damage. Officials say the car is beyond repair, another vehicle next to it may have been affected and the shop space next door likely has smoke damage.

The cause of the blaze is considered accidental.

AM980/AM980.CA

1 NEWS

Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing" about sentencing for the de-



A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

fence "is it starts the appellate process."

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator under Pennsylvania's version of Megan's Law, after which Sandusky will be sentenced.

THE ASSOCIATED PRESS

Tate Modern. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Earlier Monday, Umanets

Quote

"I didn't destroy this picture, I put something new."

Vladimir Umanets

told Britain's Press Association news agency that he wanted to draw people's attention to his movement, which he described as "an element of contemporary visual culture."

"The ... difference between Yellowism and art is that in art you have got freedom of interpretation. In Yellowism you could not have freedom of interpretation, everything is about Yellowism," he said.

THE ASSOCIATED PRESS

Russia

Don't drink kefir and drive?

Russia's top health official said Monday that drinking and driving don't mix — even when the drink in question is kefir, a fermented milk beverage containing less than one per cent alcohol.

The comments by Genady Onishchenko, Russia's chief sanitary inspector, sparked an outburst of criticism and ridicule on Twitter. Dozens of users circulated a picture of a glass of kefir with the caption, "Kefir? NO! I'm driving!"

Officials have been scrambling to condemn drunk driving since an intoxicated driver in September killed seven people, including five orphans, after crashing into a bus stop in Moscow.

Some lawmakers have proposed life sentences for drivers who cause death while under the influence. One has said drunk driving is a bigger threat than terrorism.

Getting drunk off kefir is practically impossible.

The comments mark an about-face for Onishchenko, previously a staunch supporter of kefir.

THE ASSOCIATED PRESS



Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS



Skydiver to try record free fall

Extreme sport. 'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet

for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Mistaken identity leads to tragedy



Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on

Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

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Halloween

is too short to blend in

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Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.

THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.

THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.

THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.

THE CANADIAN PRESS

Beef recall

CFIA to assess Alberta plant

The Canadian Food Inspection Agency (CFIA) says it will be conducting a detailed assessment of the Alberta processing plant at the heart of a massive tainted-beef recall. The CFIA says the assessment will determine if XL Foods Inc. has fixed the problems uncovered by the agency.

THE CANADIAN PRESS

Suspected theft

Tall ship takes surprise voyage

Police are looking for suspects after a tall ship took an unexpected voyage in the Halifax harbour. Police say they received a call from the owner of the tall ship Silva early Monday, who alleged the vessel was intentionally set free from its mooring. The Silva has since been retrieved.

THE CANADIAN PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday. "After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation



Justin Bresaw CONTRIBUTED

to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, David Northway, a spokesman for Tallahassee police, said.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS



Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple.

AMBER WATERMAN/THE ASSOCIATED PRESS

One dead. Plane crashes into lake west of Ottawa

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata

TBM 700 plane reportedly went down just before 12:30 p.m. Monday.

The identity of the person killed has not been released.

THE CANADIAN PRESS

Marineland. Protesters seek end to alleged abuse

Dozens of protesters rushed the gates of Marineland on Sunday demanding an end to what they called the abuse of whales, dolphins and other animals at the amusement park,

but the situation was brought under control, police said.

The protesters say they want to end animal captivity and their goal is to close down the park.

THE CANADIAN PRESS

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Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the

company's cars and trucks, GM says.

Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms. **THE ASSOCIATED PRESS**

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp, because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. **THE ASSOCIATED PRESS**

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based FreemantleMedia and the Netherlands' Endemol. **THE ASSOCIATED PRESS**

EU. Official more confident amid launch of new fund

The European Union's financial affairs chief is "less pessimistic" about the future of the euro than he was earlier this year — but warned that the region still has a long way to go before the crisis over too much debt is solved.

Olli Rehn, the EU's financial and monetary affairs commissioner, said the organization's ability to react to the financial crisis in the 17 countries that use the euro has much improved compared with two years ago when the crisis began.

He also welcomed the offi-

By the numbers

\$647.9B

The new fund will eventually have \$647.9 billion US at its disposal, which will be used to buy up the bonds of countries whose borrowing costs are becoming unmanageable. It will also lend money if needed.

cial launch Monday of Europe's new \$647.9-billion US permanent bailout fund, the European Stability Mechanism.

THE ASSOCIATED PRESS

Pop machines to list calories

Waist watch. Move by soft-drink firms comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. **THE ASSOCIATED PRESS**



Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a \$1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday.

NASA/THE ASSOCIATED PRESS

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to

compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of contention for federal Natural Resources Minister Joe Oliver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda."

Enbridge has singled out charities in requests to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard. **THE CANADIAN PRESS**



Fawzia Ahmad holds a sign as the group Communities Against Pipelines protests in Vancouver on Friday. The group is opposed to Enbridge's proposed Northern Gateway pipeline and the expansion of the Kinder Morgan Trans-Mountain pipeline because of the potential for increased oil-tanker traffic along the coast of B.C. **DARRYL DYCK/THE CANADIAN PRESS**

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SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full ... no, really.

Every once in a while, my boyfriend — who tends to walk the line between “concerned partner” and “obsessive hypo-

chondriac” — will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

“Egg yolks are good for you.”

“No, wait! Stay away from egg yolks!”

“Just kidding, eat egg yolks all the time!”

Ignorance is bliss?

“Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.”

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

In her book *The Optimism Bias*, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our

(somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

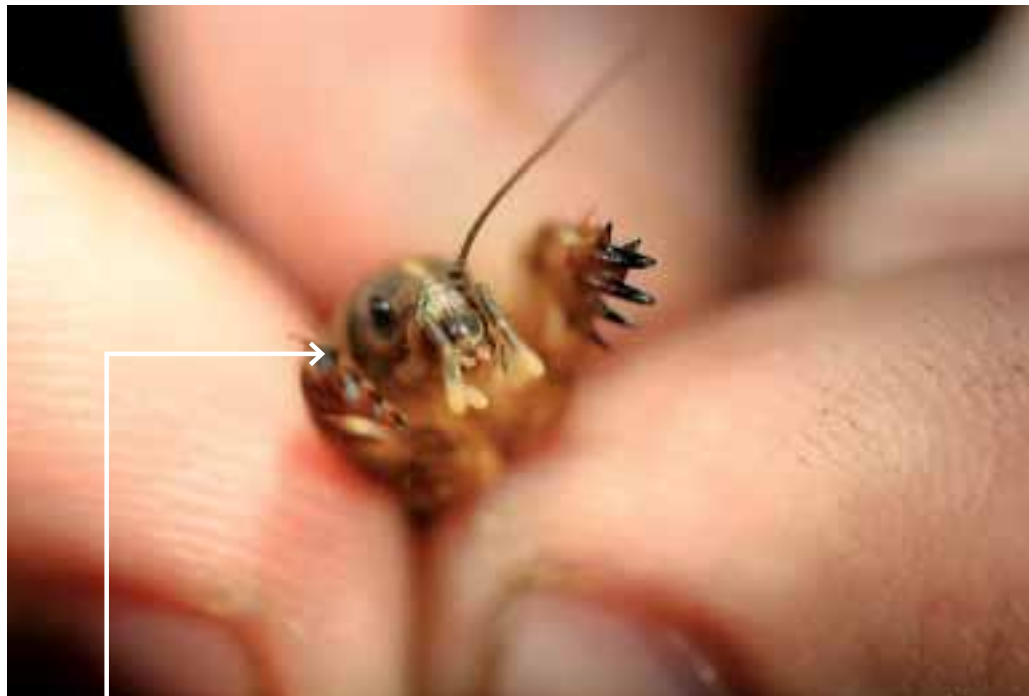
Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.



If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six

to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

“We're just rolling the dice and hoping we have that really neat animal for as long as we can,” Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

“They taste like soft-shelled crab.”

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.



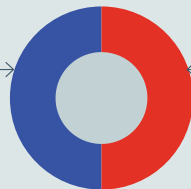
Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.



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Has the latest recall scared you away from eating beef?

50%
NO, IT'S BEEN RECALLED SO THE MARKET IS SAFE AGAIN



50%
YES, IT WAS THE STRAW THAT BROKE THE CARNIVORE'S BACK

Twitter

@jenlorrainegold:

I think I might have pumpkin pie for breakfast.

@rtraction:

Thanks to @Downtown_London and @CityofLdnOnt for building a city core that we are PROUD to call home. #HappyThanksgiving

@uberstore:

@rtraction It's like a Thankapalooza! You're welcome.

@Canlefebvre:

Its crazy how many squirrels are in london they are brave on the road today #ldnont #forsetcity

@RobMcGarry1:

Let us celebrate the bounty of the harvest today! #ldnont #thanks-giving

@RickMcWatt:

All quiet on the #WesternU front...

Helping kids be healthy inside and out

What parents should know

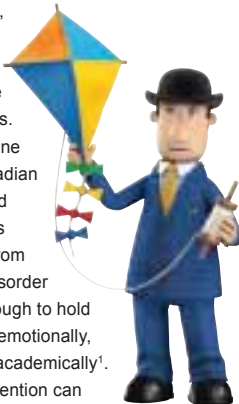
By Rona Maynard

When your child wakes up feeling out of sorts, you trust yourself to know the difference between a bad day and the latest bug sweeping the school. You are drawing on a lifetime of learning from parents, relatives, friends and the media, plus intimate knowledge of your child.

It's not so easy for parents to distinguish a possible mental illness from the normal ups and downs of growing up. Suppose your child has trouble making friends. Is he just shy or could he be suffering from anxiety, the most commonly diagnosed mental illness in young people?

Chances are your memory bank isn't much help. Mom likely never knew that kids can suffer from a mental illness. The subject rarely comes up when parents gather at the playground. Centuries of ignorance and stigma create an uneasy silence that nobody wants to break. So if you are worried, you may feel as if no one else understands.

Nearly one in five Canadian children and adolescents will suffer from a mental disorder serious enough to hold them back emotionally, socially or academically¹. Early intervention can



head off needless pain and equip a young person with coping skills that last for a lifetime. But fewer than 10 per cent of kids who need specialized mental health treatment are actually getting it. A child in trouble must have an advocate: you.

As with any physical illness, you have parental instinct on your side. Says Dr. David Wolfe, RBC® chair of Children's Mental Health Advisory Panel at the Centre for Addiction and Mental Health and chair of the RBC Children's Mental Health Project, "You know your kid. If he's been a fairly happy kid and is suddenly struggling at school and losing friendships, you have to ask if something's going on."

Here is how to keep a sense of purpose and perspective while helping your child get back on track.

• **ASSESS THE SITUATION.** Is your child's problem internal, such as

depression, or environmental, such as bullying? A child who seems cheerful at home but panics at the thought of school is more likely to be facing an environmental problem, suggests Wolfe.

• **TALK TO YOUR CHILD.** Be specific. Kids clam up at questions like, "Is everything OK?" You might ask, "Is

anyone hurting you? It's OK to tell me. I'm here to help you." Don't rush this conversation. A child who shares a confidence and doesn't feel heard may not raise the issue again.

• **GET THE BIG PICTURE.** Talk to the teacher, a coach or anyone else who knows your child. Have they noticed anything different lately? What seems

Phase or illness?

At the worst moment on a bad day, any child looks not unlike a child with a mental illness.

But a healthy child will be back on track within two weeks or less, with no harm done to friendships, family life or school performance. In other kids, a disabling pattern sets in.

Be alert for these warning signs:

- Mood changes such as deep sadness or withdrawal;
- Extreme behavioural changes such as hurting or threatening others;
- Fears or worries that interfere with daily life;
- Trouble concentrating, especially at school;
- Sudden loss of weight or appetite, indicating a possible eating disorder;
- Abuse of drugs or alcohol to self-medicate;
- Endangering or harming oneself, a spectrum of behaviours from cutting to suicide attempts. If your child is talking of suicide, don't wait and see — take immediate action. If your child threatens, call 911.

to trigger it? Listen for observations, not amateur diagnoses (a teacher can tell you that your child is clowning instead of paying attention, but only a specialist can tell you that the reason is ADHD). Once you have covered the bases, consult your family doctor.

• **KEEP AN OPEN MIND.** Your child may need specialized treatment. Ask lots of questions — while a prescription isn't a cure-all, it might help your child to focus.

• **HAVE HOPE.** Most kids get better with the right treatment, and your role is no less important. What boosts your child's spirits or relieves her stress? Listening to a favourite song? Writing in a journal? Help her find the tools and encourage her to use them.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

RBC® supports children's mental health

Since 2008, the RBC Children's Mental Health Project has donated more than \$16 million to more than 200 organizations across Canada. You can help us help children. Visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health.

For every completed quiz, we will give \$2 to Kids Help Phone³, a free, confidential counselling service for youth nationwide.

³ To a maximum donation of \$50,000.



RBC
Children's Mental
Health Project

Laughing for mental health

A child's pain casts a shadow on a home. What helps?

Ron Myers, a Toronto psycho-therapist from Ceridian Canada who counsels kids and families, comes straight to the point: "Fun!"

Myers is a firm believer in water fights and food fights (he is a proud veteran of both as a father and a

grandfather). Agree on a time limit, set clear rules and cut loose. Myers also urges families to plan a sit-down dinner once a week, no matter how frantic life gets. "Kids talk first," he says. The more you listen, the better you will know them. There is no more powerful reminder of why you became a parent.

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

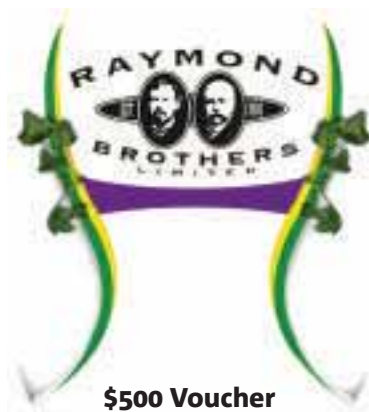
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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY
JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia



What drink does Bond order in the poker scene in Casino Royale? HANDOUT



Ursula Andress was the first Bond girl in Dr. No. HANDOUT

(B) Hungary
(C) Canada
(D) New Zealand

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga

(a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing

him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond to-boggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

Scorecard

Answers: 1. (b) 2. (d) 3. (b)
4. (a) 5. (c) 6. (d) 7. (a) 8. (d)
9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the new film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON
MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?
(A) A smart outfit but not overdoing it — your face will do the rest
(B) It's what I'm NOT wearing

that matters
(C) A cardigan to hide in
(D) A graphite suit

You've woken up from the most wonderful dream. What was it about?
(A) Dropping witty one-liners in high society
(B) Being surprised with lobster for breakfast
(C) Finding the Higgs Boson particle
(D) WORLD DOMINATION

Damn — you missed your train. How do you react?
(A) Run after it and nimbly scuttle aboard
(B) Think 'what a tragedy for the passengers'
(C) Wish time travel was real
(D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?
(A) What friend?
(B) Prod them with a long stick, to check if they are alive
(C) Put your field medic training to good use — you always keep a first aid kit handy
(D) Laugh

Your house is burning down — what one item do you save?
(A) Weapon
(B) Mirror
(C) Briefcase
(D) Cat

Who is your hero?
(A) Winston Churchill
(B) Kim Kardashian
(C) Isaac Newton
(D) Captain Hook

What scares you most?
(A) Honesty
(B) Poverty
(C) A mutant bacterial strain
(D) World peace

What are you doing for your birthday?
(A) Disappearing
(B) P-A-R-T-Y
(C) Feeling uncomfortable around your loved ones
(D) Being obnoxious because you've earned it

What is your deadly sin?
(A) Lust
(B) Pride
(C) Envy
(D) Wrath

What are relationships for?
(A) Ego
(B) Money

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are a Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

(C) Self-esteem
(D) Ruthlessly exposing weakness

2
SCENE

From Breaking Bad to a breakout CIA operation in Iran

Argo. Bryan Cranston talks about the unsung heroes of covert ops — and how he escaped growing a bad '70s shag for this role



**NED
EHRBAR**
Metro World News in Hollywood

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on *Breaking Bad*, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, *Argo*, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA.

You get off pretty easy as far as the '70s hair goes in this film, at least compared to your co-stars.

You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for *Breaking Bad*. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.



Argo opens this Friday. HANDOUT

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

It's interesting. Normally you have a clear protagonist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antagonist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and

rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award,

there's no nothing. All it is, is doing something to try to save six American lives.

That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for it.

Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK.

DVD reviews



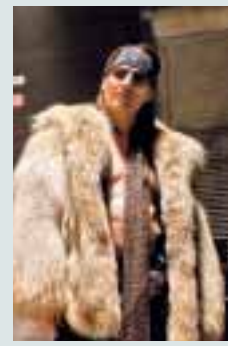
Prometheus

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard *Alien* prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship *Prometheus*, named for a reckless god. Scott's high motives take the low road when he gets to the yuck factor expected of all *Alien* movies, which now total five if you include *Prometheus* — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. *Prometheus* underachieves the awe but overdelivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine.

PETER HOWELL



Rock of Ages

Director. Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of *Rock of Ages*, the Broadway hit musical that proved no material is too vapid for Broadway.

PETER HOWELL





Neil Halstead has released his third solo effort. GETTY IMAGES

Neil Halstead living the life of a lonely surfer-musician

New album. Songwriter offers darker experience with *Palindrome Hunches*

NOLAN GAWRON
Metro World News

From his pedal-pushing days in the spaced-out band Slowdive, to his more grounded acoustic folk rebirth with Mojave 3, Neil Halstead's music has changed dramatically over his 23-year career. But whether cosmic or country, there always has been an underlying somber, soothing and dreamlike quality that links his songs together. While they were once hidden by dis-

tance and distortion, his heart-strings now ring out as if they were strung across his acoustic guitar.

"By the time I did the last Slowdive record I was about 24," says Halstead. "Our last record is really super ambient and experimental and everything was built on loops and samples. It was a bit of a cold record. I took a break after that and I felt like I wasn't into music anymore at that point. I needed to be re-energized. Learning to play acoustic guitar and playing country songs was a way back into music for me because it was so different from what Slowdive was about."

After five records with Mojave 3 and occasional tours, Halstead took the band's breaks to focus on solo work.

Even more stripped down,

his country-folk style and imagery could easily be considered Americana, except for the fact that he's British. Halstead's calm and hushed delivery evokes a sentimental reverie, sincerity and melancholy.

Palindrome Hunches, his third solo effort, was released last month on Brushfire Records, a label run by fellow surfer, Jack Johnson. Halstead's music bears little similarity to the rest of the roster.

"For me, songwriting is always about expressing yourself," Halstead notes. "So that's me in the song. There are songs (on the new album) that are a little darker than the songs on the last album. They all sit together in a darker space. I think that's just the way the songwriting went. They are quite personal."

Niemann shaking up country music again

Free The Music. New offering pushes the boundaries on what listeners have come to expect from the genre

Some things have changed for Jerrod Niemann since he finally scored a couple of hit songs after years of disappointment. And some things haven't.

"Well, I bought a car when I was drunk," Niemann acknowledged sheepishly when asked recently about celebrity moments.

While that new car has helped keep his lifestyle in fast forward, Niemann remains firmly rooted when it comes to his music. *Free the Music* out this week, is another re-imagining of what the modern country music album can be.

He used humour and spoken-word interludes to subvert the form on his debut, *Judge Jerrod & the Hung Jury*.

This time around he takes a more sober-minded, but no less interesting look at the history of country music. *Free the Music* has a few potential cuts that could be hits on country radio, but it's also got just as many songs that push the boundaries of what we've come to expect from the genre in the 21st century.


"Hopefully someday down the road — even if it's just one person — maybe it will inspire someone else to do their own thing," Niemann said. **THE ASSOCIATED PRESS**





Jerrod Niemann's *Free The Music* was released this week.

MARK HUMPHREV/THE ASSOCIATED PRESS

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Brooklyn magician David Blaine performing his latest stunt 'Electrified'. ASSOCIATED PRESS

He's electric: 'Electrified' is enigmatic Blaine's latest stunt

High voltage. NYC magic man will stand for 72 hours surrounded by electricity on podium without food or sleep

MICHELLE CASTILLO
Metro World News in New York

When Claire Fraiser, a sales associate in the Garment District in New York City, heard about magician David Blaine's latest stunt "Electrified," she grabbed her daughter and headed down to Pier 54 in Manhattan on Saturday morning to see the spectacle for herself.

"I think it's a bit mellow," she admitted about the performance. "He's probably saving his best acts for later on when there's more of a crowd."

Mellow is relative, especially when you're talking about Blaine. The Brooklyn, New York-native has been sealed in an ice cube for almost 64 hours, stood on top of a 100-foot pillar with no harness for 35 hours and placed himself inside a plexiglass cage 30 feet above the River Thames for 44 days – while only consuming water the entire time.

For his latest feat, Blaine is standing on a 20-foot high platform for 72 hours straight, without food or sleep. If that weren't hard enough, he's sur-

rounded himself with Tesla coils that are transferring one million volts of energy from one area to another while he's in the middle of it. He'll have to concentrate on staying still, while there's the constant crackling of electricity and loud music blaring the entire time.

To up the danger, people are allowed to control how much electricity is pumped through the contraption through a computer. Other events have been coordinated, including one on Sunday evening where musician Andrew W.K. played a solo on a keyboard that is connected to one of Blaine's Tesla coils. The notes will power the flow of electricity.

Big tricks

The Brooklyn native has a list of memorable stunts. Here's his high points.

- **Frozen in time.** Blaine was sealed in a block of ice for over 63 hours.
- **Endurance.** Blaine sat in a glass box for 44 days drinking only water.

"I'm absolutely electrified and terrified by the opportunity to play a keyboard solo and to use this incredibly powerful device" Andrew W.K. said in a statement on his website.

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Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy,

so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



DeVito and Perlman: Goodbye to a long marriage of two short people



THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about in The Word.

But none of the break-ups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment

Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny DeVito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:

Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:

The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly.

"Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says. "But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia."

As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years.

"They've both been married, so they've already experienced that



Olivia Wilde

and know what it entails," the source says. "It's something for down the road."

Twitter



@lindsaylohan
Girls Love Shoes!!!



@jimmykimmel
one thing about the sewer - it's jam-packed with super villains



@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant



@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

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Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA
MCGUINNNESS
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of *Yoga Face*. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing

the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothenes the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough."

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.



From A to the K. Breaking down what each vitamin can do for you

LINDA
CLARKE
Metro World News

It's easy to get overwhelmed just by standing in the vitamin aisle, so we asked Joan Salge Blake, a spokesperson for the Academy of Nutrition and Dietetics in the United States, to break down the letters for us.

Vitamin A

"This is needed for vision, cell differentiation and a healthy immune system," Salge Blake says. "You can get vitamin A from beta-carotene, which is found in carrots, cantaloupe and a lot

of plants. Beta-carotene gives you a two-for-the-price-of-one effect, because it's a disease-fighting anti-oxidant, too."

Vitamin B

"There are multiple Bs and they're involved in metabolism and energy production. They also protect the nerves and prevent anemia," Salge Blake adds. "Pregnant women and women of childbearing age need adequate folic acid (to support spine and brain development). Older people produce less hydrochloric acid in their stomachs and can't process B-12 properly. Vegans need a B-12 supplement, because it's only found



Which do you need? ISTOCK PHOTOS

in meats."

Vitamin C

"C is one of the most over-used supplements," she says. "People think that because the body excretes excessive vitamin C in the urine that you can't overdo it. But too much of any vitamin can be

problematic. With all vitamins, I say, 'Some is good, more is not necessarily better.'"

Vitamin D

"This is essential for bone health. We get it through sunshine, but baking in the sun causes skin cancer. ... People

who spend a lot of time indoors or who don't drink milk might need a supplement."

Vitamin E

"We know it best as an antioxidant. It protects cell membranes. We get it from a lot of vegetable oils and nuts."

Vitamin K

"This is the blood-clotting vitamin," Salge Blake says. "It's found in green vegetables, and if you eat the recommended four and a half cups of fruit and vegetables a day it should fulfill your needs."

Trim down Asian fare with these Sweet 'n' Sour Meatballs



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7 g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**
BY ROSE REISMAN

Health Solutions

The frozen truth



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).

3. Pizza

Whole grain thin crust pizza can be doctored with

fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

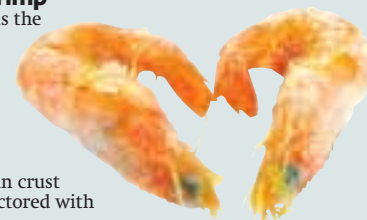
Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Mushroom Pot Stickers. Traditional dumplings

1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.

2. In bowl, using back of fork, mash beans. Fold in ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pepper. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers and filling.

4. Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one side until golden brown, then turn over and fry other side to brown.

5. Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle with teriyaki sauce.

THE CANADIAN PRESS/ CHEF ANTHONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALIFORNIA



Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger, sliced (reserve half for garnish)
- 8 scallions, sliced (reserve half for garnish)
- 30 ml (2 tbsp) chopped cilantro
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish
- 125 ml (1/2 cup) teriyaki sauce

Kick up savoury Pork Spring Rolls with blueberry sauce

For a tasty snack or appetizer, try these baked pork spring rolls with tangy blueberry dipping sauce. If fresh blueberries aren't available, use frozen ones.

1. Heat oven to 180 C (350 F). Grease a 20-by-36-cm (8-by-14-inch) baking sheet with oil.

2. Thaw spring roll pastry sheets, keeping covered with a damp clean towel.

3. In a large bowl, mix ground pork, green onions, ginger, garlic, hoisin sauce, soy sauce, chili paste, rice vinegar, pepper and salt.

4. Lay a sheet of spring roll wrapper on a clean surface. Place 30 to 45 ml (2 to 3 tbsp) of the pork mixture on top third of the wrapper sheet and roll, folding the ends to form an 9-cm (3.5-inch) roll.

5. Place on oiled baking sheet, seam side down, and brush generously with grapeseed oil. Bake on oven's middle rack for 45 to 60 minutes until golden brown.

6. Remove from baking sheet immediately to avoid sticking. Serve with dipping sauce.

7. Blueberry Dipping Sauce: In a saucepan, bring blueberries, honey and chili paste to a simmer and cook for 10 to 15 minutes. Let mixture cool, then puree in a blender until smooth. Stir in lime juice and cilantro. **THE CANADIAN PRESS/ BC BLUEBERRIES**

Ingredients

- 500 g (1 lb) lean ground pork
- 50 ml (1/4 cup) sliced green onions
- 15 ml (1 tbsp) minced ginger
- 15 ml (1 tbsp) minced garlic
- 30 ml (2 tbsp) hoisin sauce
- 10 ml (2 tsp) soy sauce
- 5 ml (1 tsp) chili paste (such as Sambal Oelek)
- 5 ml (1 tsp) rice vinegar
- 5 ml (1 tsp) ground pepper
- 2 ml (1/2 tsp) salt
- 12 wheat-based spring roll pastry sheets (20 by 20 cm/8-by-8 inches), thawed
- 50 ml (1/4 cup) grapeseed oil
- Dipping Sauce**
- 250 ml (1 cup) blueberries, fresh or frozen
- 50 ml (1/4 cup) honey
- 15 ml (1 tbsp) chili paste
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) chopped fresh cilantro



This recipe serves 12. THE CANADIAN PRESS H/O

Bonds put regular money in your pocket

Alison's Money Rule. Don't dismiss bonds; they add safety to your investment portfolio



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my

advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETFs hold a

Corporate bond ETF providers

- BMO. etfs.bmo.com
- RBC. funds.rbcgam.com/etfs
- iShares. ca.ishares.com/home.htm
- Powershares. invesco.ca
- First Asset. firstasset.com

basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Paying in cash

Sidestepping the tax man

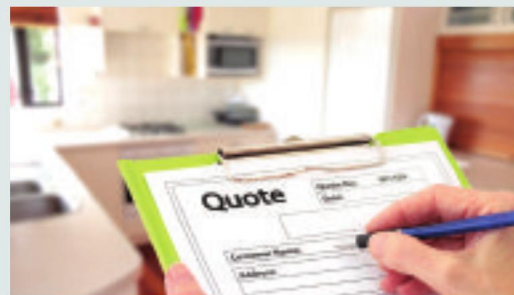


FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle. However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars and you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious



There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes

through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Russian Roulette



One of my favourites songs. It's third down on my Top 25 playlist. I reached over to grab my MP3 player to select it. I looked away for less than a second. Less than a second! How did I not see the little girl standing there with her Mom? It all happened so fast. Feels like a nightmare but it's real. I played Russian roulette with another person's life.

Be smart and keep your eyes on the road. Distracted Driving kills.



Trillium Automobile
Dealers Against
Distracted Driving



TADA.ca/tadadd

This message has been brought to you by the Trillium Automobile Dealers Association for the Trillium Automobile Dealers Against Distracted Driving (TADADD) campaign.

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BUSINESS & LAW

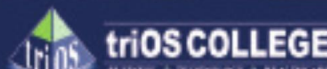
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Should Rihanna give violent 'love of her life' Brown a second chance?

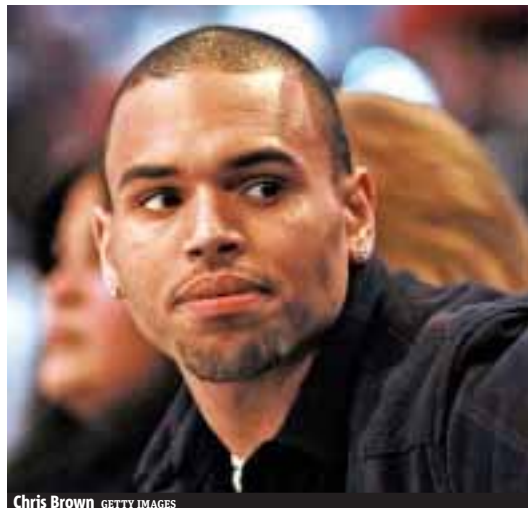
Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA
MCGUINNESS
life@metronews.ca

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are re-kindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song *Birthday Cake* as the Barbados songstress lent her vocals to Brown's remix of *Turn up the Music*.

In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake. But the biggest twist was Rihanna's emotional inter-



Chris Brown GETTY IMAGES

view with Oprah Winfrey on Oprah's *Next Chapter* in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly

assaulted her. The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest



Rihanna GETTY IMAGES

23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, *The Real*

Chris Brown (<http://vimeo.com/50805715>) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if

that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts. "The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way." Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

Digital greetings making life hard for the card

Times are changing. Hallmark cuts staff as young Internet users shun the personal touch of mailing cards

Say it's your birthday or you've just had a baby, maybe got engaged or bought your first house. If you're like many North Americans, your

friends are texting their congratulations, sending you an e-card or clicking "Like" on your Facebook wall. But how many will send a paper greeting card?

Once a staple of birthdays and holidays, paper greeting cards are fewer and farther between – now seen as something special, instead of something that's required. The cultural shift is a worrying challenge for the nation's top

card maker, Hallmark Cards Inc., which last week announced it will close a Kansas plant that made one-third of its greeting cards. In consolidating its Kansas operations, Kansas City-based Hallmark plans to shed 300 jobs.

Over the past decade, the number of greeting cards sold in the U.S. has dropped from six billion to five billion annually, by Hallmark's estimates. The Greeting Card Associa-

tion puts the overall-sold figure at seven billion.

Brian Sword, 34, of Kansas City, said he's "definitely" buying and receiving fewer printed cards than he did a decade ago.

"I do think there are a lot of benefits and it does say more when it comes in a paper card format than when it comes even as an online greeting card," Sword said.

Even the paper cards

people buy have changed. Many people now use online photo sites to upload images and write their own greetings. Paper stores are attracting customers who design their own cards, often using graphics software once available only to professionals.

Judith Martin, author of the syndicated *Miss Manners* column, says she thinks the move away from mass-produced sentiment isn't all bad.

"The most formal situations still require something written," she said. "The least formal are easily taken care of with texting or email, which is terrific. The idea that it has to be all one or all the other and that one method is totally out of date and the other one takes over until the next thing comes along just impoverishes the ways that we can use these different things."

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Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANATH/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice

Game 2	
12	4
Cardinals	Nationals

to see this, and hopefully it becomes contagious and the guys just keep going."

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman and Adam LaRoche hit consecu-

tive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spot-

ting Texas a 3-2 lead.

So, they're on familiar ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous."

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." **THE ASSOCIATED PRESS**

MLB. Leyland insists kiss wasn't meant as a dis

Ideally, Jim Leyland would have everybody hug it out and play ball.

With the Tigers leading the Oakland Athletics 2-0 and a win from advancing to the AL championship series, Leyland was trying to calm controversy caused by a kiss on Monday ahead of Tuesday's Game 3.

Leyland insists reliever Al Albuquerque meant no ill will toward the A's when he fielded Yoanis Cespedes' ninth-inning comeback and quickly kissed the ball before throwing to first.

"It wasn't a smart thing to do, but I can honestly tell you

Quoted

"I respect Cespedes and I didn't do it out of disrespect. I was just excited to get the out."

Tigers reliever Al Albuquerque on his now-infamous gesture towards Oakland's Yoanis Cespedes

that there is no way that Al Albuquerque or any members of the Detroit Tigers would ever do anything intentionally to offend another team," Leyland said. **THE ASSOCIATED PRESS**

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). **THE ASSOCIATED PRESS**

NFL. Optimism surrounds concussed RG3 in D.C.

Robert Griffin III felt good enough to attend something called a Rookie Success Program meeting Monday morning and seemed, by all accounts, to be doing just fine on the day after suffering his first NFL concussion.

Griffin still has to complete the league's mandated return-to-play protocol before he's cleared for practice, but his Washington Redskins teammates and coach Mike Shanahan were optimistic the Heisman Trophy winner will be able to play in this week's game against the Min-

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

CFL

Roughriders run over Argonauts at Rogers Centre

Kory Sheets and Weston Dressler scored third-quarter touchdowns to power the Saskatchewan Roughriders to a decisive 36-10 win over the Toronto Argonauts on Monday.

Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders," chants from the Saskatchewan faithful within the Rogers Centre gathering of 25,176. **THE CANADIAN PRESS**



Roughrider Kory Sheets rushes in Toronto on Monday.

THE CANADIAN PRESS



Trainers check Washington quarterback Robert Griffin III on Sunday. **THE ASSOCIATED PRESS**

nesota Vikings.

"We should find out in the next few days exactly what happens," Shanahan said.

THE ASSOCIATED PRESS

ADULT LEAGUES 2012/2013

#9 Charlie Bombay



PROFILE:

Birthday:
Feb 29, 1980

Hometown:
London ON

Position: F and some D
Height: 5-10.004001
Weight: 180... + 50

BIO

- Played a hockey game that tracks all his stats
- Celebrated with the team at Coyote Jack's Bar & Grill
- Attended a Yuk Yuk's live comedy show
- Played Virtual Blackjack & Poker at OLG Slots
- Bet on a live harness race

All under one roof. Western Fair District, be entertained

Player Stats

Year	Team (Div)	GP	G	A	PTS	pp	SH	PIM
2012	The Dekes of Hazard (Wed Rec C)	28	15	24	39	1	0	2
2012	I Got Moves Like Jagr (Thur Rec B)	28	11	26	37	1	0	2
2012	The Friday Knights (Fri Rec E)	26	23	31	54	2	0	10
2012	Toothless Can Sam (Sat 30+)	26	12	29	41	2	0	20
2012	It's My First Time (Sat Co-Ed Rookie)	26	9	15	24	1	0	2
2012	Hatrick Swayze (Sun Rec C)	26	78	0	78	30	9	2
TOTALS:		160	148	125	273	37	9	38

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Notes:

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Game Log

DATE	GAME	RESULTS	G	A	PTS	PIM	GWG	PP	SH
10/03/2012	The Dekes of Hazard vs the AAA Team	4-6 L	1	0	1	0	0	0	0
10/04/2012	I Got Moves Like Jagr vs Duncan Keith Richards	8-5 W	1	3	4	0	0	0	0
10/12/2012	The Friday Knights vs It's Friday, Friday	5-2 W	2	1	3	0	1	1	0
10/13/2012	Toothless Can Sam vs Lucky Luc's Charms	6-4 W	1	0	1	4	0	0	0
10/13/2012	It's My First Time vs Be Gentile	0-1 L	0	0	0	0	0	0	0
09/30/2012	Hatrick Swayze vs Yougnbloods	3-0 W	3	0	3	0	1	0	3

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Drug use is out of track: Sharpe

Post-Seoul. Former teammate of Ben Johnson feels no need to talk about enhancement drugs with young athletes he coaches

It was April 3, 1989, when sprinter Tony Sharpe climbed briskly onto the stand in a Toronto hearing room and swore to tell the truth.

And he did.

He told a federal commission looking into the use of drugs and banned substances in sports — the Dubin Inquiry — that he'd helped his disgraced teammate Ben Johnson smuggle steroids into a Guadeloupe training camp five years earlier.

He testified that Johnson — who had been stripped of his 100-metre Olympic gold medal the previous September after testing positive for the muscle-building drugs — had been a fellow long-term steroid user.

And he stated that there was little anyone could do to stop elite athletes from using banned substances in the future.



Tony Sharpe, a former teammate of Ben Johnson's and a bronze medalist in the 4x100 relay in the Los Angeles Olympics, is seen here on Sept. 25. Sharpe has had his right to federal sports funding restored 23 years after Canada's infamous doping scandal. Sharpe coaches kids at his Speed Academy Athletics Club in Pickering, Ont. STEVE RUSSELL/TORSTAR NEWS SERVICE

"I don't know what you could tell them (athletes) that would, you know, sway them away from it," said Sharpe, a former 100- and 200-metre Canadian champion.

Today, six summer Olympics removed from the post-

Seoul shambles, Sharpe says you don't have to tell them anything at all.

"I don't think that culture exists today in track-and-field," says the now coach, who recently had his lifetime ban from federal sports fund-

ing lifted by an arbitrator.

A mediator concluded July 30 that Sharpe had met virtually all the redemption criteria set out that would allow banned athletes to have federal funding strictures removed.

The decision could allow

Quoted

"I just sense that the whole enhancement thing is gone. People are just working harder and smarter."

Tony Sharpe, a former steroids user who now coaches kids at Speed Academy Athletics Club in Pickering, Ont.

Sharpe — as his similarly reinstated former teammate Desai Williams has successfully done — to coach at the national team and Olympic levels.

Sharpe now coaches young track athletes at Pickering, Ont.'s Speed Academy Athletics Club, which he helped found in 2006.

He says the drug dimensions in track have changed so thoroughly that he feels no need to even bring up the subject with his young charges.

"It's not something that we have to be lecturing our kids about these days. Not my track kids.

"I have 40 or 50 kids in my club ... and I cannot even fathom the idea of them thinking of using any sort of performance-enhancing drugs." TORSTAR NEWS SERVICE

Italian soccer

Napoli defender threatens journalist

A soccer player in Italy could face sanctions after hitting and threatening to kill a journalist.

The incident happened Sunday after Napoli's 2-1 victory over Udinese.

According to reports, Napoli defender Salvatore Aronica repeatedly said "I'm going to kill you" while also slapping the journalist twice and jabbing him with bystanders present.

Aronica, who had been upset by the journalist's comments about him on television, later apologized.

THE ASSOCIATED PRESS

English soccer

Cole charged by FA for vulgar tweet

Chelsea defender Ashley Cole was charged by England's Football Association with misconduct Monday after criticizing the governing body in a vulgar Twitter post, adding to the fallout from a yearlong racism case involving teammate John Terry.

The England left back reacted angrily Friday after an FA commission questioned the evidence he gave in defending Terry against a charge of racially abusing an opponent.

Cole, who faces a fine, has until Thursday to respond to the charge. He has already issued an apology through his lawyers and deleted the tweet, which read: "Hahahahaa, well done (hash)fa I lied did I," followed by a vulgar expression.

THE ASSOCIATED PRESS

Athletics. Bolt to seek three-peats in sprints at Rio Olympics



Olympic gold medalist Usain Bolt at a press conference before coaching a track-and-field clinic Monday in Auckland, New Zealand. SANDRA MU/GETTY IMAGES

Usain Bolt will be aiming for a three-peat of Olympic sprint titles in the 100 and 200 metres at the 2016 Rio de Janeiro Games, rather than trying out a new event.

After Bolt, 26, became the first man to successfully defend both sprint titles at the London Olympics, he was coy about his prospects of competing in Rio and there was

speculation he could switch to the long jump or 400 for a new challenge.

However, during a promotional visit to New Zealand on Monday, the self-declared "living legend" said that his plan for 2016 "is all about just going and defending my titles."

"I don't want to try any different events at Rio, because

at Rio I will just defend my titles to show the world that there is a possibility that I can do it again," Bolt, who won the 100- and 200-metres and helped Jamaica win the 4x100-metre relays at Beijing and London, told a news conference. "The three-peat. That's the focus — there's not going to be any different event." THE ASSOCIATED PRESS

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NFL. Welker says Belichick remark was just 'a joke'

New England Patriots receiver Wes Welker said on Monday that he was only joking when he said that he enjoyed catching 13 passes against the Denver Broncos to "stick it" in coach Bill Belichick's face.

"It was a joke. I don't know what else to say about it," Welker said during a rare Monday appearance in the locker-room during media availability. "Bill and I, whether y'all believe it or not, have a good relationship, and it was a joke and I'll make sure to keep that in-house going forward."

Welker caught more passes over the past five seasons than any other player in the NFL, leading the team to use the franchise tag on him in the off-season. He accepted the \$9.5-million US contract rather than agree to a long-term deal that would have been more sal-



Wes Welker celebrates a first down against the Denver Broncos Sunday in Foxboro, Mass. GETTY IMAGES

ary cap-friendly for the team.

Welker started the season opener but was targeted only five times. He did not start the next game, giving way to backup Julian Edelman and prompting speculation that Belichick was punishing him for the unsuccessful negotiations. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

Taurus

April 21 - May 21

Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

Gemini

May 22 - June 21

If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

Cancer

June 22 - July 23

Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

Leo

July 24 - Aug. 23

Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

Virgo

Aug. 24 - Sept. 23

You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

Libra

Sept. 24 - Oct. 23

Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

Scorpio

Oct. 24 - Nov. 22

Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

Sagittarius

Nov. 23 - Dec. 21

You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

Capricorn

Dec. 22 - Jan. 20

You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

Aquarius

Jan. 21 - Feb. 19

Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

Pisces

Feb. 20 - March 20

Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.

SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

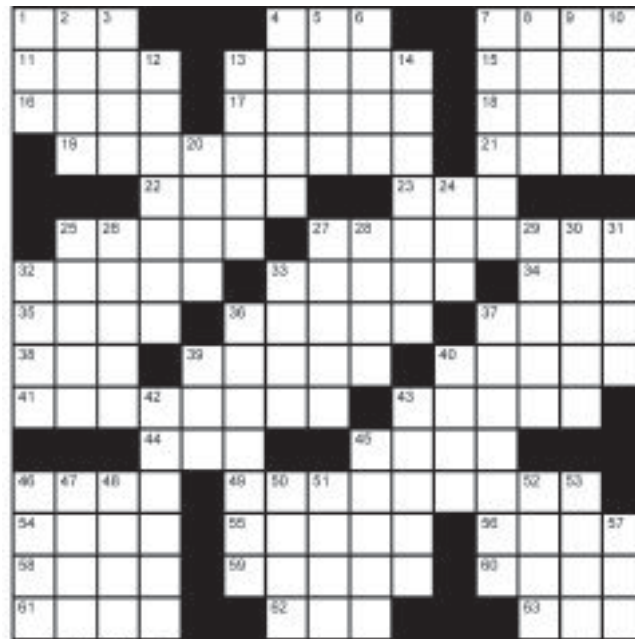
Across

1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. Aladdin character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)

54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down

1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture



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32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)

45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	3	5	7	9	1	2	4	6
7	1	6	2	4	8	9	3	5
9	2	4	3	5	6	8	1	7
5	7	8	4	2	3	6	9	1
2	9	1	6	8	7	4	5	3
4	6	3	9	1	5	7	2	8
3	4	7	1	8	9	5	6	2
1	5	2	8	7	4	3	6	9
6	8	9	5	3	2	1	7	4

Today

14°/6°

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Wednesday

11°/3°

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